Heartfelt Wellbeing

YOUR PATH TO VIBRANT HEALTH

Holiday GIFT GUIDE

Gifts from Hannah Levin & Vitality Circle Members



If you are struggling to find gifts that are meaningful and you love to support others in deeply touching ways, here are some gift ideas for you.

This gift guide is an offering to you to shop quickly and easily to share special gifts with those you love from our creative and talented community members.

Save time, support others, give meaningful gifts.

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Jyotish Astrology
from Sraddha Laura Dorsett

VEDIC ASTROLOGY READINGS

(use coupon code **SARVALAHOLIDAY** for 15% off a reading)

Vedic Astrology, a sister science to Yoga & Ayurveda, is the gold standard of astrology, unparalleled in its precision. Originally known as Jyotish, or “the science of light,” Vedic astrology provides guidance to individuals who feel lost or confused on their life’s journey, or simply want insight into various aspects of their experiences.



This is a great gift for anyone seeking insight into various aspects of their life: work, relationships, travel, money, etc. A Vedic Astrology reading is a valuable tool for decision making in any arena of life. Learn about the period of life you are in and where you need to focus your attention and energy for the greater good, and more ease.

Hailing from outside of Washington DC, Sraddha is a gifted teacher of Jyotish and meditation, and is in her second year in the Vitality Circle.



String Art from Monica Wayts

LIL BITS OF MONA

String Art - DIY Kits

(use code **MAILFRIEND** to get a 15% discount of any kit)

These String Art DIY Kits from Lil Bits of Mona come with everything needed to create handcrafted pieces of art. Aside from the holiday collection, there are many other designs available for year-round crafting.



These crafting kits offer a calming, screen-free activity and make meaningful gifts for craft lovers, families, and anyone who enjoys simple creative projects. Each finished piece becomes a charming décor item to display or share.

The maker behind these kits is lifelong creative Monica Wayts, a wonderful Vitality Circle Member and Mentor from Texas.

DoTerra Essential Oils
from Kimberly Stratman & Monica Wayts

DoTERRA ESSENTIALS

*with any 100PV order you qualify for free shipping and a gift from Monica & Kimberly!

Discover the Ayurvedic Support Set: *Balance from Belly to Bedtime*, a curated collection of doTERRA essential oils designed to support rest, digestion, movement, and emotional balance. Each bundle can be tailored to your unique needs, allowing you to add, swap, or remove items to match what your body is asking for this season.



This thoughtfully crafted set promotes overall well-being, helping to enhance restful sleep, support healthy digestion, and encourage emotional harmony—an ideal way in incorporating Ayurveda into everyday life through high-quality essential oils.

Kimberly Stratman, one of the amazing Vitality Circle mentors, has years of experience with essential oils and knows them inside and out, offering expert guidance along the way. Working alongside her, Monica Wayts ensures each set is curated with care, providing support and advice so you can choose the oils that fit you best. Both ladies live in Texas.

Artisan Jewelry from Anne Vaughan

ANNE VAUGHAN ORIGINAL JEWELRY

(use code **VITALITY** for $20 off a $60+ orders*)

*this promo does not apply to One of A Kind and Native American Collections



The Artisan Jewelry Collection from Anne Vaughan, handcrafted in Virginia with layered necklaces, bracelets, and earrings are designed to make you feel radiant. Each piece features unique color palettes and comes with a Lifetime Workmanship Guarantee—if it breaks, they'll fix it, no questions asked.

At the heart of Anne Vaughan Jewelry are quality and connection. Each piece is made to bring beauty, joy, and meaning to everyday life.

Anne is a fabulous member of the Vitality Circle.

Gifts from Hannah Levin

BANYAN BOTANICALS PRODUCTS

(use code **HEARTFELT15** for a 15% off any first time purchase)









Turmeric Milk Mix

Banyan Botanicals' Turmeric Milk Mix is a warm, caffeine-free "golden milk" blend. Naturally sweetened with maple sugar, it makes a creamy, soul-soothing latte that supports digestion, circulation, and a calm, grounded state of mind.

Beauty Balm

Banyan Botanicals' Beauty Balm is a rich, Ayurvedic skin salve. Designed to deeply moisturize and rejuvenate, it's versatile enough to use on hands, lips, cuticles, elbows, or heels.

Super Nasya Oil

Banyan Botanicals' Super Nasya Oil is a soothing Ayurvedic nasal lubricant formulated by Vasant Lad, designed to calm, clear, and refresh the mind and sinuses. It supports healthy respiration, eases tension, and encourages emotional balance.

Ayurvedic Face Oil

Banyan Botanicals' Face Oil is a sumptuous, fast-absorbing Ayurvedic facial serum crafted to nourish and protect the skin. Its blend helps lock in hydration while soothing and balancing the skin.

Ritual Tulsi Tea Gift Box

Reconnect to your sacred self with the power of tulsi. Featuring four unique tulsi varietals, this gift box offers a transformative tea experience that fosters presence, connection, and expansion.

Gifts from Hannah Levin

LIFESPA PRODUCTS

(use code **HANNAH** for a $10 off a $50 one-time purchase)



Skin Care - Complete Set

LifeSpa's Ayurvedic Skin Care Complete Set is a beautifully curated ritual collection that includes a cleanser/toner, face mask, moisturizer, serum, and body product—perfect for a full-body self-care experience. Drawing on traditional Ayurvedic ingredients, each item is designed to soothe, balance, and nourish the skin while cultivating a grounded, radiant glow.



Six Tastes Spice Mix

LifeSpa's Six Tastes Spice is an organic, Ayurvedic spice blend thoughtfully crafted to include all six of Ayurveda's fundamental tastes—sweet, salty, sour, pungent, bitter, and astringent.

This versatile mix can be sprinkled on cooked dishes or used during cooking to help balance flavor and support digestion.

Gifts from Hannah Levin

SPRING DETOX

(Use code HOLIDAY2025 for 10% off the $297 Early Bird Price)

A detox is a dedicated time to create clarity and support healthy functioning in both body and mind. From an Ayurvedic perspective, Spring is the ideal season to reset, clearing the stagnation of Winter as solar energy rises and fresh, vibrant foods become abundant. There is no better gift than one of wellbeing and community connection!



This reset is particularly designed for the whole being—body, mind, and spirit—honoring Ayurvedic principles and supporting long-term balance rather than quick fixes.

Honoring your unique constitution and personal goals, the detox is tailored to meet your individual needs, making it a deeply personalized and sustainable approach.

Gifts from Hannah Levin

EVOLVE

(Use code **EVOLVE2025** for 25% off)

Evolve is a self-paced program designed to help you consistently learn actionable tools to support your well-being and personal growth, even when life feels busy.

This program can give you clear, practical steps you can implement on your own schedule, helping you make meaningful changes in your health, mindset, and daily life.

This is for anyone who is a self-starter and ready to prioritize themselves, deepen their self-understanding, and become a powerful curator of their own life—especially those who want flexibility and general Ayurvedic guidance that fits into a busy lifestyle.



I hope this gift guide makes your holiday shopping easier, offering meaningful gifts that celebrate your loved ones, yourself, and the talented makers behind them.

Thank you for being part of our incredible Heartfelt Wellbeing community.

Happy Holidays!

Lots of love, Hannah

